



SILVER GROUP

Swimmers have begun to grasp the four competitive strokes, continue to focus on stroke development, and begin to learn to use the clock. The largest emphasis in this group is stroke technique, an introduction to aerobic training, and fun! The Cudas offer five practices per week for the Silver Group. Each practice is at least an hour of water time and is taught by a professional swim coach. It is encouraged that swimmers in this group commit to consistently attending at least three practices per week.

Practices: 5 practices a week, for 1 hour.

Meets: Participation in monthly USA sanctioned swim meets, most occurring in the Denver Metro area, is encouraged.

Age: The age range for Silver Group swimmers is typically 3rd and 4th grade, approximately 8-10 years old.

Group Size: The Silver Group ranges in size from 20-25 athletes per practice.

Equipment:

- Water bottle
- Kickboards
- Fins
- Goggles
- Swim cap